

We would like to welcome everyone to the Pacific Northwest AAU Regional Tae Kwon Do Championship. Thank you all for the support and participation which has made our previous championships successful. This year we are inviting martial artists from all over the Northwest and we would like to extend a warm welcome to each and every one of you. Our primary goal at this event is to promote a spirit of GOODWILL amongst all martial artists. Our divisions have been arranged to give a fair and safe learning opportunity to all competitors. We hope that this is a great event for all of you, and we will try to make this a memorable and enjoyable Championship.

GOOD LUCK TO ALL OF YOU,
BEST WISHES
MASTER RIC GORDON

All qualifying competitors must be currently registered with the AAU for 2006-2007. AAU members have personal injury coverage. Annual dues are \$12.00 for children and \$22.00 for adults. This is an AAU National qualifier competition. Only AAU sanctioned and qualifying events will advance to the AAU Nationals. See tournament director for details. All athletes, coaches and officials must be current Individual Members of the AAU and must present their membership card at check-in.

TOURNAMENT DIRECTORS: MASTER RIC GORDON, MASTER PAUL INGLIS, MASTER CARLA ABBOTT, MASTER GROVE

DATE: SATURDAY, APRIL 28, 2007

PLACE: WASHINGTON SENIOR HIGH SCHOOL
12420 AINSWORTH AVE. S.
PARKLAND, WASHINGTON

TIME: REGISTRATION BEGINS AT 8:00 AM
OFFICIALS MEETING HELD AT 9:00 AM
COMPETITION STARTS AT 10:00 AM

ENTRY FEE: \$70.00 ALL REGISTRATIONS RECEIVED
PRIOR TO APRIL 20, 2007
TWO EVENT \$80.00 PRIOR TO APRIL 27, 2007
Team Competition Additional \$60.00 in Advance
(All entry fees are non-refundable)

EVENTS: DIVISIONS: Team Poomse, Open Style and
Olympic Poomse
OLYMPIC - Tae-Geuk, Pal-Gwe, Pinans
OPEN - ITF, ATA, Tang Soo Do

SPARRING RULES: White, Yellow, Orange, Purple, Green, Blue,
OLYMPIC / FULL Brown, Red Belts (Olympic)
CONTACT Modified Jr. Olympic Championship rules
will apply.

- 1 - No heavy face contact.
- 2 - Body contact with protectors.

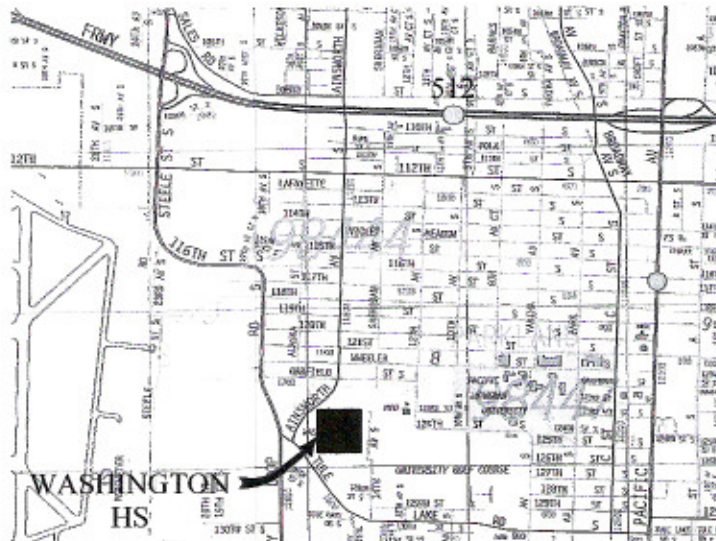
- Adult Black & Red Belts - AAU Adult Rules
- 1 - Face contact, kicking only. No punching to the face.
 - 2 - Body contact with protectors.
 - 3 - No groin attacks.

Current AAU and local rules apply. Masters and Black Belt instructors from all schools will govern, emphasizing fairness to all involved.

SPARRING ROUNDS: Adult Black Belts - 2 minutes, 2 rounds
All colored Belts - 1 min. 30 sec., 2 rounds
(30 second rest period, All Belts)

REQUIRED EQUIPMENT: UNIFORM, HAND AND FOOT PADS,
GROIN PROTECTION, HEAD AND CHEST PROTECTORS, MOUTHPIECE.

WINNERS: Qualify to compete at the AAU Nationals and
Junior Olympic events.



DIRECTIONS:

North or South Bound I-5 exit:
Take exit 127 (Puyallup, South Tacoma Way) to the 512 freeway east bound.
Continue to the Steele Street exit. At the exit ramp light, turn left onto
Steele Street. Continue to follow Steele St., 116th St., Spanaway Loop Road
until you reach the light at Tule Road. At the light turn left and turn left onto
Ainsworth. Washington High School will be on your right hand side.

PROCEEDS: To support AAU schools, local organizations that
promote safety and the well-being of youth and
families; and to "Team Washington".

ADMISSION FEE: Adults \$6.00 in advanced, \$8.00 at the door, under 5 free.

METHOD OF PAYMENT: Cash Check Visa MasterCard

Card Number _____

Exp. Date _____

Print Name _____

Signature _____

NOTE:

ONLY ADVANCED AND BLACK BELTS WILL BE
ALLOWED TO ENTER POINT AND OLYMPIC
SPARRING